

ALARACT 218/2010

R 161826Z JUL 10

THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER
ON BEHALF OF DA WASHINGTON DC//DAMO-TRI//

SUBJECT: ARMY PHYSICAL FITNESS TEST POLICY GUIDANCE FOR SOLDERS OVER
AGE 55

1. ALARACT MESSAGE 013/2002 SUBJECT: CLARIFICATION AND REINFORCEMENT
OF ARMY TRAINING POLICIES IS RESCINDED.

2. ALARACT MESSAGE 013/2002 PROVIDED ARMY PHYSICAL FITNESS TEST (APFT)
POLICY GUIDANCE FOR SOLDIERS OVER AGE 55. THIS POLICY GUIDANCE HAS
BEEN INCLUDED IN AR 350-1 (ARMY TRAINING AND LEADER DEVELOPMENT),
PARAGRAPH 1-24.

3. POINT OF CONTACT FOR THIS MESSAGE IS HQDA DCS G-3/5/7 (DAMO-TRI),
MR. DEAN CAMARELLA, DSN 222-5255, COMM 703-692-5255.

4. EXPIRATION DATE CANNOT BE DETERMINED.